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— 30-DAY CHALLENGE —

@ darebee.com

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|--|---|--|---|---|
| 1  full plank | 2  elbow plank | 3  full raised leg plank | 4  side elbow plank | 5  wide leg plank |
| 6  uneven elbow plank | 7  alt arm / leg raise plank | 8  raised arm elbow plank | 9  full side plank | 10  one arm full plank |
| 11  reverse plank | 12  star plank | 13  knee side crunch full plank | 14  side elbow star plank | 15  one arm reverse plank |
| 16  knee tap side elbow plank | 17  reverse grip full plank | 18  close grip full plank | 19  staggered grip full plank | 20  shoulder tap full plank |
| 21  raised leg bridge plank | 22  seagull elbow plank | 23  raised leg elbow plank | 24  decline plank | 25  knee in elbow plank |
| 26  raised side elbow plank | 27  incline plank | 28  side full star plank | 29  acrobat plank | 30  push-up plank |